

ABSTRACT

An exercise trainer having a first crank arm and a second crank arm respectively connected to a first foot link and a second foot link with foot pedals supported on the foot links, and bearing supports for the foot links removed from the crank arms. A flexible connection connects a ground point, the foot pedals, and the foot links to provide relative movement in a modified ellipse as to the ground point of at least twice the length of each crank arm. A seat is mounted on the trainer having a motor and control for raising and lowering the seat with respect to the foot pedals. The first and second crank arms are connected to a motor for driving the crank arms at a given speed which can supplement a user's effort or provide a load to a user beyond a given speed.